


OCTOBER 2018 BLUE

<div>8:30 Morning Discussion Group (S) 9:15 Memory Workout (C) 10:00 Spiritual Group w/ Bob (SP) 10:00 Small Learning Circle: Clara Barton (C) 10:45 BeBalanced Exercises (P) 11:00 Snack 11:30 Lois’s Book Club (C) 12:30 Lunch 1:30 Social Hour (S) (C) (E) (SE) 2:00 Wheel of Fortune (S) 2:30 Cognitive Challenge (C) 3:00 Net Volleyball Tournament (P) 3:30 Mixology Monday: Floatastic Fizzes (SE) (S) 3:30 Snack 4:00 Composer’s Club w/ Gordon: Aretha Franklin (SE)</div>	<div>2</div> <div>8:30 Article of the Day (S) 9:15 Cranium Crunches (C) 10:00 Morning Meditation w/ Jean (S) 10:15 Cognitive Class: Name that President (C) 10:15 Men’s Small Group w/ Rick (S) (C) 10:45 Racing through the Decades (P) 11:00 Snack 11:30 Harp w/ Judith (SE) (S) 12:00 Family Feud! (C) (S) 12:30 Lunch 1:30 Social Hour (S) (C) (E) (SE) 2:30 Tai Chi w/ Cynthia (P) 3:00 Traveling Landscape: (SE) (C) 3:30 Horseshoe (P) 3:30 Snack 4:00 West Coast Swing Dance Appreciation (SE)</div>	<div>3</div> <div>8:30 Puzzle Group (C) 9:15 Mandala Coloring Group (E) 10:00 Morning Meditation (S) (S) 10:00 Goodbye September, Hello October (S) (C) 10:15 PositiviTEA w/ Annette (S) (SE) 11:00 Snack 11:30 1950’s Jukebox Sing Along w/ Carol (S) (SE) 12:00 Composer’s Club: The Bee Gees (SE) (C) 12:30 Lunch 1:30 Fall Leaf Garlands (SE) (S) 2:00 Walking Club w/ Richard (P) 2:30 Gavel Group: You be the Judge! (C) 3:00 State Bingo (C) (P) 3:30 Snack 4:00 Poet Society: Walt Whitman’s Collection (C) (S)</div>	<div>4</div> <div>8:30 Scrambled Eggs (C) 9:15 Coloring Group (E) 10:00 Music Therapy w/ Peg (SE) 10:45 Racing through the Decades w/ Rick (P) 11:00 Snack 11:30 Newscurrents Discussion w/ Rick (C) 11:30 Cognitive Class: Life and History of Susan Sarandon (SE) 12:15 Chime Choir w/ Rick (SE) 12:30 Lunch 1:30 Social Hour (S) 1:45 Participant Support Group w/ Ellie (E) (S) 2:30 Men’s Group: Ten Greatest Moments in the World Series (C) 3:00 Reading and Writing Group: Sports Memories (SE) 3:30 Snack 4:00 Balloon Volleyball (S) (P)</div>	<div>5</div> <div>8:30 Reading Circle w/ Nora (S) 9:15 Coffee & Conversations (C)(S) 10:00 Zumba (C) (S) 10:45 Family Feud (C) (S) 11:00 Snack 11:30 American History w/ Bill & Gordon: Civil War 101 (C) 12:30 Lunch 1:30 Social Hour (S) 2:30 Tai Chi w/ Cynthia (P) 3:15 Pumpkin Patch Landscapes (SE) (S) 3:30 Snack 4:00 Short Story Discussion (P) 4:15 Piano Bar w/ Wendy (S)</div>
<div>8</div> <div><div>COLUMBUS DAY</div><div>IMCC IS CLOSED!</div></div>	<div>9</div> <div>88:30 Article of the Day (S) 9:15 Cranium Crunches (C) 10:00 Guitar w/ Steve (SE) 10:45 Racing through the Decades (P) 11:00 Snack 11:30 Art w/ Roshna (E) 12:30 Lunch 1:30 Social Hour (S) (C) (E) (SE) 2:30 Travelogue Tuesday: Roadtrip Through the PNW (SE) (C) 3:00 Racing through the Decades (P) 3:30 Ballroom Dancing w/ Madeleine (P) 3:30 Snack 4:00 Music Appreciation w/ Gordon: Stevie Wonder (SE)</div>	<div>10</div> <div>8:30 Puzzle Group (C) 9:15 Mandala Coloring Group (E) 10:00 Morning Meditation (S) (S) 10:15 Cognitive Class: Inventions and Gadgets w/ Gordon (C) 10:15 Etiquette Group w/ Carol (S) (C) 11:00 Snack 11:30 1950’s Jukebox Sing Along w/ Carol(S) (SE) 12:00 Composer’s Club: Elton john (SE) (C) 12:30 Lunch 1:30 Creative Stations w/ Ruth B. (SE) (S) 2:30 Gavel Group: You be the Judge! (C) 3:00 Wheel of Fortune (C) (P) 3:30 Snack 4:00 Literature Club: Halloween Mysteries (C) (S)</div>	<div>11</div> <div>8:30 Puzzle Group (C) 9:15 Coloring Group (E) 10:00 Music Therapy w/ Peg (SE) 10:45 BeBalanced w/ Rick (P) 11:00 Snack 11:30 Large Learning Group: Seven Wonders of the World (C) 12:30 Lunch 1:30 Social Hour (S) 1:45 Participant Support Group w/ Ellie (E) (S) 2:30 Cognitive Class: Science Spotlight (C) 2:45 Reading and Writing: Family Travels (SE) (S) 3:00 Name that Tune! (C) (SE) 3:30 Snack 4:00 Balloon Volleyball (S) (P)</div>	<div>12</div> <div>8:30 Reading Circle w/ Nora (S) 9:15 Coffee & Conversations (C)(S) 10:00 Dancing w/ Garrey (P) (S) 11:00 Snack 11:30 A Tour Through the French Countryside w/ Ellie (C) 12:30 Lunch 1:30 Social Hour (S) 2:30 Tai Chi w/ Cynthia (P) 3:15 Group Sing Along (SE) 3:30 Snack 4:00 Crafting Stations (SE) (E) 4:30 Poetry Reading w/ Bill (C) (S) 5:00 Piano Bar w/ Wendy (S)</div>
<div>15</div> <div>8:30 Morning Discussion Group (S) 9:15 Memory Workout (C) 10:00 Spiritual Group w/ Bob (SP) 10:00 Cognitive Class: Nursing w/ Virginia (C) 11:00 Snack 11:30 Book Club w/ Lois (C) 12:30 Lunch 1:30 Social Hour (S) (C) (E) (SE) 2:00 Fall Football Trivia (S) 2:30 Cognitive Challenge (C) 3:00 Net Volleyball Tournament (P) 3:30 Mixology Monday: Tea and Treats w/ Annette (SE) (S) (Snack) 4:00 Composer’s Club w/ Gordon: French Coffee Shop (SE)</div>	<div>16</div> <div>8:30 Article of the Day (S) 9:15 Cranium Crunches (C) 10:00 Dancing w/ Garrey (SE) (P) 10:15 Pumpkin Strudel Cake (C) 10:15 Small Group Writing (E) 10:45 Racing through the Decades (P) 11:00 Snack 12:00 Family Feud (C) (S) 12:30 Lunch 1:30 Social Hour (S) (C) (E) (SE) 2:30 Travelogue Tuesday: British Columbia Front Porch Travels (SE) (C) 3:00 Tuesday Tastings (S) (C) 3:30 Dancing w/ Madeleine (P) 3:30 Snack 4:00 Music Appreciation w/ Gordon: West Coast Swing (SE)</div>	<div>17</div> <div>8:30 Puzzle Group (C) 9:15 Mandala Coloring Group (E) 10:00 Morning Meditation (S) (S) 10:15 Cognitive Class: Name that Tune (C) 10:15 November Discussion (C) 11:00 Snack 11:30 1950’s Jukebox Sing Along w/ Carol (S) (SE) 12:00 Composer’s Club: George Gershwin (SE) (C) 12:30 Lunch 1:30 Participant’s Choice (SE) (S) 2:30 Gavel Group: You be the Judge! (C) 3:00 Wheel of Fortune (C) (P) 3:30 Snack 4:00 Literature Club: Short Story Discussion (C) (S)</div>	<div>18</div> <div>8:30 Word Searches (C) 9:15 Coloring Group (E) 10:00 Music Therapy w/ Peg (SE) 10:45 Racing through the Decades w/ Rick (P) 11:00 Snack 11:30 Group Baseball (P) 12:30 Lunch 1:30 Social Hour (S) 1:45 Participant Support Group w/ Ellie (E) (S) 2:30 Cognitive Class: History of Soda Fountains (C) 2:30 Walking Group w/ Ellie (P) (C) 3:00 Drum Circle w/ Rick (SE) (S) (P) 3:30 Snack 4:00 Music Makers (S)</div>	<div>19</div> <div>8:30 Reading Circle w/ Nora (S) 9:15 Coffee & Conversations (C)(S) 10:00 Music w/ Jessica (SE) 10:45 Family Feud (C) (S) 11:00 Snack 11:30 All About....Annette Kirk and the Importance of Social Work (C) 12:30 Lunch 1:30 Social Hour (S) 2:30 Tai Chi w/ Cynthia (P) 3:15 Watercolor Landscapes (SE) 3:30 Snack 4:30 Poetry Reading w/ Bill (C)(S) 5:00 Piano Bar w/ Wendy (S)</div>
<div>22</div> <div>8:30 Morning Discussion Group (S) 9:15 Memory Workout (C) 10:00 Spiritual Group w/ Bob (SP) 10:00 Cognitive Class: Classic Movies w/ Ellie (C) 11:00 Snack 11:30 Book Club w/ Lois (S) (C) 12:30 Lunch 1:30 Social Hour (S) (C) (E) (SE) 2:00 Fall Football Trivia (S) 2:30 Cognitive Challenge (C) 3:00 BeBalanced Exercise (P) 3:30 Mixology Monday: Crockpot Apple Cider (SE) (S) (Snack) 4:00 Composer’s Club w/ Gordon: French Coffee Shop (SE)</div>	<div>23</div> <div>8:30 Article of the Day (S) 9:15 Cranium Crunches (C) 10:00 Guitar w/ Steve (SE) 10:00 Morning Meditation w/ Jean (S) 11:00 Snack 11:30 Cognitive Class: Modern Science w/ Rick (C) 12:00 Family Feud (C) (S) 12:30 Lunch 1:30 Social Hour (S) (C) (E) (SE) 2:30 Travelogue Tuesday: World’s Most Unusual Towns (SE) (C) 3:00 Tuesday Tastings (S) (C) 3:30 Ballroom Dancing w/ Madeleine (P) 3:30 Snack 4:00 Music Appreciation w/ Bill: Elvis Presley (SE)</div>	<div>24</div> <div>8:30 Puzzle Group (C) 9:15 Group Crossword (E) 10:00 Morning Meditation (S) (S) 10:15 Cognitive Class: All About Pasadena w/ Andy (C) 10:15 Fighting Irish Discussion w/ Fred (S) 11:00 Snack 11:30 1950’s Jukebox Sing Along w/ Carol (S) (SE) 12:00 Composer’s Club: Bach (SE) (C) 12:30 Lunch 1:30 Creative Yarnworks w/ Ruth B. (SE) (S) 2:30 Gavel Group: You be the Judge! (C) 2:30 Ladies Spa w/ Doreen (SE) 3:00 Wheel of Fortune (C) (P) 3:30 Snack 4:00 Literature Club: Short Story Discussion (C) (S)</div>	<div>25</div> <div>8:30 Puzzle Group (C) 9:15 Coloring Group (E) 10:00 Music Therapy w/ Peg (SE) 10:45 Racing through the Decades w/ Rick (P) 11:00 Snack 11:30 Chime Choir w/ Rick (SE) 12:30 Lunch 1:30 Social Hour (S) 1:45 Participant Support Group w/ Ellie (E) (S) 2:30 Cognitive Class: Famous US Legal Decisions w/ Andy (C) 2:30 Memory Books: Favorite Costumes (SE) (S) 3:00 1960’s Sing Along w/ Arnie (S) (SE) 3:30 Snack 4:00 Balloon Volleyball (S) (P)</div>	<div>26</div> <div>8:30 Reading Circle w/ Nora (S) 9:15 Coffee & Conversations (C)(S) 10:00 Zumba (C) (S) 10:45 Family Feud (C) (S) 11:00 Snack 11:30 Naval Submarine Discussion w/ Bill (C) 12:30 Lunch 1:30 Social Hour (S) 2:30 Crafting Stations (SE) 3:00 Friday Findings: This Week in Pictures (C) (S) 3:30 Snack 4:30 Poetry Reading w/ Bill (C) (S) 5:00 Piano Bar w/ Wendy (S)</div>
<div>29</div> <div>8:30 Morning Discussion Group (S) 9:15 Memory Workout (C) 10:00 Spiritual Group w/ Bob (SP) 10:00 Cognitive Class: A Tour of Harvard w/ Gordon (C) 10:45 Photography Discussion (C) 11:00 Snack 11:30 Book Club w/ Lois (S) (C) 12:30 Lunch 1:30 Social Hour (S) (C) (E) (SE) 2:00 Fall Football Trivia (S) 2:30 Music w/ Chyp & Andrea (SE) (P) 3:30 Mixology Monday: Floastastic Fizzes (SE) (S) (Snack) 4:00 Composer’s Club w/ Gordon: French Coffee Shop (SE)</div>	<div>30</div> <div>8:30 Article of the Day (S) 9:15 Cranium Crunches (C) 10:00 Piano w/ Frank (SE) (P) 11:00 Snack 11:30 Cognitive Class: Optical Illusions w/ Rick (C) 12:30 Lunch 2:30 Travelogue Tuesday: Roadtrip Through the Maine (C) 3:00 Tuesday Tastings (S) (C) 3:30 Ballroom Dancing w/ Madeleine (P) 3:30 Snack 4:00 Music Appreciation: Stevie Wonder (SE)</div>	<div>31</div> <div>10:15 History of Halloween (C) (S) 10:15 Pumpkin Candy Science Experience (C) 10:45 Witch Warmup & Exercise (P) 11:00 Snack 11:30 I Ate All Your Halloween Candy Discussion (S) (C) 12:00 Halloween Candy Testing (SE) 12:30 Lunch 2:00 Halloween Party (S) 2:30 Caramel Apple Making (SE) 3:00 Pumpkin Painting (E) 3:30 Snack 4:00 Literature Club: Haunted Honeymoon (C) (S)</div>	<div><div>PARTICIPANT BIRTHDAYS</div><div>Susan L 10/3</div><div>Candy M 10/3</div><div>Andy Y 10/23</div></div>	
				<div><div>Activity Domains</div><div>Physical (P) Social (S) Sensory (SE) Cognitive (C) Expressive (E)</div></div> <div></div>